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Netherlands, June 21st , 2014

Philosophical introduction naturopathic reflections and Anamnesis Form Dr. Herman Fridsma ND

Title:
Health, body and mind unity, existence, life force, the basic concept of personal health and naturopathy, brief introductionary naturopathic philosophical reflection notes and anamnesis notes (Ceteris Paribus) of Dr. Herman Fridsma ND:

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Abstract:

In order to understand naturopathic medicine one has to focus on naturopathic philosophy and principles in order to understand the true nature of naturopathy and its vision related to human beings and the concept of health and therapeutics. Fridsma projects some personal keynotes related to health, body and mind, existence, life force, the concept of personal health and the nature of naturopathy and its professionals in order to give a basic understanding of the naturopathic field and a view of naturopathy in general. The discussion is focused on one's personal view related to the presented key topics and one's personal view related to naturopathy, naturopathic professionals and the development of naturopathy in today's world and towards oneself.

Introduction:

What is health? Why is unity of body and mind important? What is the meaning of existence when focusing the individual and his biological lifespan? What is the purpose and meaning of life force related to an individual human being? What is the basic concept of personal health related to the individual and related to naturopathic medicine? What is naturopathy? In this simplified philosophical naturopathic reflection essay Fridsma will briefly answer these key questions in line with his personal basic naturopathic philosophical thought projections while focusing on the individual and the health professional. This projected basic vision related to the key points of health, body and mind unity, existence, life force, personal health and naturopathic medicine as stated by Fridsma is written for professionals and non-professionals with an open mind for naturopathy in general, naturopathic philosophy and its principles and naturopathic medicine in special in today's world of the 21st century where the concept of natural health and naturopathic medicine is an concept of nature cure therapeutics at complementary level of medicine to benefit mankind as an independent professional discipline for those in need of natural care provided by naturopathic medicine professionals.

Findings:

Health: Health is the actual physical and mental constitutional status of the individual related to its physiological metabolic processes and physical and mental functionality while also reflecting the individual's well feeling and wellbeing and quality of life as experienced by the individual conform his or her actual health status, genetic background and health development. Health is precious and is at individual level of human being determined by the functional status of the integral individual related constitution status and the physical body and mind unity and its integral biochemical and physiological development processes, interactions and functions and it's reaction capability to react at inwards and outwards pathogenic and non-pathogenic stressors.

Body and mind: The individual human being is a complex living biological life form organism with a physical body and mind determined by its personal development within the biological lifespan and its life force. The mind of an individual is part of the living physical body of an individual while the living physical body is part of the mind of the individual in which case the mind is connected to the brain and vice versa the brain is connected to the mind while all is related to conscious, sub conscious and unconscious mind processes, their psychodynamic cognitive and behavioural functions and related biochemical processes and interactions between mind and brain when focused at the physical anatomical and physiological and mental mind psychodynamic nature of mind - brain phenomena processes in a living individual. The individual related physical body in general and the individual related mind in special influence each other at level of health developments in a positive or in a negative sense based on the

existing manifest health status and its development (ceteris paribus). This basic fact of integral unity of body and mind related to a living individual implies that during a biological determined lifespan body and mind are acting as a unity that ends at moment of dead at moment the life force declines to zero. The body mind unity of a living individual is inseparable during the active biological lifespan period of the individual.

Existence: Existence of the individual will be explained in relation to the individual's biological lifespan and its conscious awareness. Existence of the individual as a living human being is within the specific context of body and mind unity determined by its state of conscious awareness of one's personal being and its physical and mental appearance and development during its biological lifespan which also states it's personal identity and characteristics based on personal developments. When focused on biological timelines related to an individual it's important to notice that the case of individual life existence starts at moment of conception and foetal transformation processes till birth as part of pre-birth stage biological life existence of the individual and from birth till moment of dead of the individual human being as part of post birth stage biological life existence of the individual and its development stage of conscious awareness of one's personal being in which case existence is part of a continuous development process of the individual and it's unique identity, personality and characteristics based on personal development processes which makes the individual unique during its existence within the determined biological lifespan of the individual. The biological determined lifespan of the individual is determined by the quality of life force and physical constitution of the individual and it's development since moment of conception which implies that the physical body has an individual related personalized lifespan determined by its life force, biological development, health development and physical strength and capability of (self)restoring and consolidating of physical life functions in order to maintain life of the individual human being in line with the individual's specific life force and it's capability to adapt. This implies that life is determined and limited by the individual's life force dynamics and the biological physical condition, strength, capability and capacity to maintain life with or without external (medical) interventions to extend life of the individual by triggering the individual's physical capability and capacity to adapt and to maintain life even at level of an extended lifespan based on specific external medical interventions related to the individual. This all implies that at moment the condition of the individual's physical constitution and it's life force doesn't has the capability and capacity anymore to maintain life, that dead is a fact.

Life force: Life force is the energetic force and capacity of the physical body of an individual that makes that the individual lives and that the individual determines at unity of mind and body during its biological lifespan in which case life force is an energetic energy result related to physiological, biochemical and

bioelectrical processes within the physical body. At moment the life force of an individual declines to zero caused by failing vital body functions and declined natural physiological biochemical and bioelectrical processes, than dead of the individual is a fact and its existence within the biological lifespan as a living human being ends.

Personal health: Personal health of the individual at level of mind and physical body determines the quality of life and its condition at level of mind and physical body in which case personal health is part of its biophysical and mental strength, condition and dynamics in order to deal with negative pathogenic health penetrating stressors affecting the organism and health condition in a negative sense which asks of a physical and mental reaction to adapt and consolidate and or to counter the negative health development caused by the negative health penetrating pathogenic stressors within the natural condition and limitations of the physical body and mind to do so with or without medical interventions. The fact of health related to an individual's physical body and mind and the constant flow of health affecting pathogenic stressors related to the individual and it's personal natural capability and capacity to deal with these pathogenic stressors implies that health is under a constant attack and that health is fragile and can be penetrated causing serious or less serious health problems at mental and physical level of the individual which also simultaneously affects the individual's quality of life at level of wellbeing and well feeling so this all implies that health is precious and needs to be nursed by a healthy lifestyle, diet, exercises and habits of the individual in accordance to a balanced health regime and personal health management in which case an individual has a responsibility of oneself towards oneself to ensure quality of life and health within the natural capabilities and capacities of doing so with help of naturopathic medicine professionals and or regular medical professionals in case of need. It is important that where needed naturopathic medical and regular medical health professionals cooperate at complementary level of healthcare as part of multidisciplinary teamwork related to the individual in need of medical care and help. At level of health, professional university educated naturopathic medicine related doctors and therapists operate from out of the concept of the total constitutional status of the individual human being and it's integrated unity of body and mind and the individual's life force, personal constitutional developments and the individual's capability to adapt therapeutic interventions in order to help improve, restore or maintain personal health or to slow down irreversible negative health processes and excesses all within the natural capability and capacity of the individual to do so and with methodological usage of natural concepts of therapeutics based on clinical exam, diagnosis, therapy plan and health management execution in order to interfere and alter negative health conditions within the boundaries of the capacity and capability of an individual to adapt. Naturopaths help to promote health and quality of life related to physical and mental health conditions, personal well feeling and personal wellbeing of the individual as part of

promoting of this individualized personal health and quality of life of the individual by means of individualized naturopathic medical interventions in order to improve, restore, consolidate or slow down existing negative health conditions in accordance and within restriction of the existing limitations of the by the negative health condition affected life force and personal physical and mental constitution of the individual and the mental and physical and physiological capabilities of the individual to adapt within the context of individual centred therapeutics of naturopathic medicine.

Naturopathy: Naturopathy is based on nature cure methodology and inhibits disciplines like nutritional therapy and diet, orthomolecular medicine, homeopathy, herbal medicine, oligotherapy, aroma therapy, Bach flower therapy, cell salt therapy, detox therapy, hydrotherapy, light therapy, APS pain therapy, acupuncture, acupressure, reflexology, massage, psychotherapy and counselling, yoga, natural health and hygiene, first aid, anatomy, physiology, pathology, laboratory diagnosis, physiotherapy, clinical diagnosis, gynaecology, medical jurisprudence, embryology and maternity and management of health problems in which case naturopathic doctors with a clinical medical integrated education conduct a therapeutic interview anamneses, physical exam and laboratory research as part of clinical diagnosis before stating a plan of treatment and a health management regime based on naturopathic methodology and disciplines in order to provide naturopathic medical care to a patient while naturopathic therapists and naturopathic consultants provide care from out of more alternative traditional forms of exam and diagnosis based on a therapeutic interview followed by traditional exam and diagnosis like for example kinesiology and iridology and a related provided health advise based on an individualized treatment plan and health management. Naturopaths provide individualized personal naturopathic care and health advises to individuals based on the "no harm" principle while also monitoring and evaluating the health status of an individual as part of clinical health management execution. Naturopaths act as health teachers while teaching individuals how to handle health issues and their personal health case and how to improve health based on an integral personalized hygiene program, exercise program, diet program and health regime program. Naturopathic consults are based on an intake procedure followed by a diagnostic stage and a treatment stage, evaluation and follow up consults. Naturopathy is an effective nature cure methodology based system of therapeutics for handling health cases of individuals who make a conscious choice in favour of naturopathic medicine as part of natural healthcare in today's world.

Discussion:
What do you think about health, body and mind, existence, life force, personal health and naturopathy? (Express your thoughts related to each of the subjects: health, body and mind, existence, life force, personal health and naturopathy).

Do you think that naturopathy is beneficial for restoring, consolidating or slowing down of pathogenic health conditions? (Express your thoughts and motivate your answer). Do you think that professional naturopathic doctors, therapists and consultants are capable of providing care tasks related to individuals? (Express your thoughts and motivate your answer). Do you think that naturopathy is a well-equipped complementary medicine discipline in today's world and fulfilling a need in the field of medicine? (Express your thoughts and motivate your answer). How do you personally stand towards naturopathic medicine? (Express your thoughts and motivate your answer).

Conclusion:
Health, body and mind unity, existence, life force, personal health and the nature of naturopathy and its professionals is discussed from out of personal philosophical notes as presented by Fridsma. Fridsma states that naturopathy is of need in today's world as part of complementary medicine within the field of medicine in order to comply at the demands of individuals in need for requested professional naturopathic care based on nature cure methodology and approaches to accommodate health by means of natural therapeutics. Naturopathy fulfils a need at the professional healthcare market to provide care to individuals to support their personal health condition. The discussion is focused on one's personal view and thoughts related to the presented subjects and the field of naturopathic medicine.

Summary:
Fridsma projects and describes some naturopathic philosophical personal basic keynotes related to health and the individual next to the importance of unity of body and mind and the meaning of existence while focused on the individual and his or her biological lifespan. Fridsma also explains shortly the purpose and meaning of life force related to the individual human being and the basic concept of personal health related to the individual in general and related to naturopathic medicine in special. Naturopathy in general is briefly explained with a key focus on the naturopathic doctor and a key focus on naturopathic therapists and naturopathic consultants. It is clear that naturopathic medicine has a key function within the modern healthcare system related to the individual human being who makes a conscious choice for nature cure therapeutics from out of naturopathic medicine provided by naturopathic doctors, therapists and health professionals. The discussion is focused on the personal view of oneself related to the presented basic naturopathic philosophy and principles and related to naturopathy and its professionals in today's world

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Notes:

Appendix: Naturopathic practice Anamnesis Internet Form

The Naturopathic Anamnesis Form regarding naturopathic medicine and naturopathic therapy practice is a tool developed in extend of Naturopathic practice and Vis medicatrix naturae principles.

The anamnesis Form appendix section is included as a practical tool for Naturopathic therapists in extend of anamnesis when working with patients.

Introduction:

An anamnesis Form is an important tool for naturopathic practice to state basic patient information so a naturopath gets a better and deeper understanding of the patient's health situation based on present and past patient directed medical information. The anamnesis from patient directed medical information is important in the extent of analysis, diagnosis and treatment plans.

Findings:

In NMG Gezondheidsbureau practice the by Fridsma developed anamnesis Form is a practical and useful tool in extend of patient information gathering as first step for analysis, diagnosis and treatment plans.

The anamnesis Form as a tool is easy to handle and process by patients and naturopaths and it delivers first hand information next to follow-up physical examination.

Conclusion:

An anamnesis Form is an important tool of naturopathic practice for Naturopathic professionals so it can be used in practice to gain update patient directed historical and present medical information. The anamnesis Form as developed by Fridsma is practical to use as anamnesis tool within Fridsma's stated parameters and criteria which comes to conclusion within the nature of the anamnesis Form.

Discussion;

What do you think of using anamnesis forms in general?

What do you think of the anamnesis Form presented by Fridsma?

Do you think the by Fridsma introduced anamnesis Form is a practical tool that can be integrated within naturopathic practice? (Motivate your answer).

Anamnese Internet Form by Dr. Herman Fridsma, ND - Email - dr.herman.fridsma@gmail.com

Anamnese Internet Form:

Dr. Herman Fridsma, ND

Contact:

Name: Dr. Herman Fridsma, ND

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Foreword:

The Anamnese Internet Form electronic document is developed by Dr. Herman Fridsma ND (Doctor of Naturopathy) as an extended Anamnese Internet Form as part of a client/patient intake procedure, diagnostics and internet assessment.

The Anamnese Internet Form content related questions must be answered by the client/patient who asked for a naturopathic medicine based consult. The Anamnese Internet Form has also included self-focused tests and self-focused physical exams which all must be conducted by the client/patient. The basic physical exam results and test-results must be noted for reportage in accordance with the Anamnese Internet Form stated guidelines and instructions.

For the part 1 and part 2 basic exam and some self-focused tests one needs some instruments and items in order to complete the tasks. One needs a simple to use automatic blood pressure device that can measure systolic and diastolic blood pressure, the pulse rate and the heart rate. One needs scales to measure body weight. A clinical thermometer is needed to measure body temperature. A measuring tape is needed to measure the waist and to measure the body length. One needs a watch to measure the breathing frequency. A mirror and a pocket flash light is needed to test the pupil reflex. Other alternatively to use items or alternative instruments are described in the text instructions related to the corresponding tests so the client/patient can use simple items to conduct the corresponding tests.

The whole complete answered Anamnese Internet Form must be send back to Dr. Herman Fridsma, ND by email (see contact, email address) so he can evaluate the content related reported information provided by the client/patient for further processing, clinical diagnostics, advise and a treatment plan as part of health case management from out of naturopathic medicine and internet.

The Anamnese Internet Form is as part of the intake procedure developed by Dr. Herman Fridsma, ND to support the naturopathic medicine praxis and internet assessment.

Dr. Herman Fridsma, ND

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1 Anamnese Internet Form Instructions:

This integrated medical and psychological questionary and basic measurement and test form must be completed at each form related section part (A, B, C, D, E and F).

All section parts are numbered so if you have less space to answer a question than note the section and the number of the question and answer it at a separate paper which you can attach to this document to send back to Dr. Herman Fridsma, ND. An example of a separated paper is showed by example 1, see further in 3 (3 Anamnese Internet Form related new (blank) paper based answers only processing instructions)).

When all section parts (A-F) are answered than send back the completed document including also the extra processed attachments.

The complete document must be send to Dr. Herman Fridsma, ND at dr.herman.fridsma@gmail.com

The outcome of the document will be processed by then and you will be notified and advised when ready.

Note:
This document is part of the intake procedure for naturopathic medicine at internet level by Dr. Herman Fridsma, ND. All provided information is classified as confidential to protect the client/patient as part of confidentiality rules related to Dr. Herman Fridsma, ND.

2 Electronic Anamnese Internet Form Hardcopy paper document processing instructions:

A hardcopy paper document of the complete Anamnese Internet Form can be printed from the electronic provided Anamnese Internet Form document by a printer. The hardcopy paper pages of the Anamnese Internet Form can then be completed by hand to answer each question or instruction and if ready than the completed hardcopy document pages can be scanned by a scanner device and placed in a map in the computer. The completed Anamnese Internet Form document related pages must be send by email to Dr. Herman Fridsma, ND at dr.herman.fridsma@gmail.com

If no scanner is available than make clear pictures in JPEG format with a digital camera or internet smartphone of each Anamnese Internet Form hardcopy paper document page and place all in a map at your computer or internet smartphone and send it by email to Dr. Herman Fridsma, ND at dr.herman.fridsma@gmail.com

Note:
Be sure that all pages that are scanned by a scanner or pictured by the digital camera or internet smartphone are clearly readable before sending it to Dr. Herman Fridsma, ND.

3 Anamnese Internet Form related new (blanc) paper based answers only processing instructions:

Use the electronic Anamnese Internet Form document at your computer or internet smartphone as reference to read the electronic Anamnese Internet Form document.
Answer the Questions at a blanc document in your computer or internet smartphone text processor program like MS. Word. Note first each section part (A to F) and the corresponding question/instruction number and then answer the question corresponding to the section part and question number.

Example 1:

Answers Part A:

1: 20XX

2: Jean Do

3: 38 years old

4: 1-1-XXXX

And so on...

If the complete electronic Anamnese Internet Form document file is answered in the style of example 1 (see above), than send the complete answer document to Dr. Herman Fridsma, ND at dr.herman.fridsma@gmail.com

4 The Anamnese Internet Form start:

The Anamnese Internet Form questionary starts at 5 Anamnese Internet Form main document.

5 Anamnese Internet Form main document:

Part A:

Administrative data:

1 Date:

2 Name:

3 Age:

4 Date of birth:

5 Gender (male/female):

6 Country:

7 Email address:

8 Married/single or with partner:

9 Children:

10 Employed/unemployed:

11 Profession:

12 Education level:

13 Final finalized study:

Part B:

General medical and psychological questions:

1 List a brief personal illness history with years in chronologically sequence:

2 Is there a family history of certain diseases? (Give a brief listing):

3 Is there a personal hospital history? (Describe):

4 Do you use medical drugs? (Describe):

5 Do you use vitamins, minerals, amino acids, enzymes, herbs and so on? (Describe):

6 Do you conduct physical exercises to maintain health and physical condition? (Describe):

7 Do you use drugs? (Describe):

8 Do you consume alcohol? (Describe):

9 Do you smoke? (Describe):

10 Are you often tired? (Describe):

11 State the average amount of sleeping hours related to a day:

12 At what time do you normally go to sleep?

13 Describe the average sleep:

14 Do you feel well after a night of sleeping? (Describe):

15 Do you experience physical pains in general? (Describe):

16 Describe the location of the experienced physical pains:

17 Do you experience emotional pains in general? (Describe):

18 Can you concentrate easy and long on a task given to you? (Describe):

19 State your average stress level during an average day (scale 1 to 10 in which case 10 = extreme stress):

20 State your present stress level (scale 1 to 10 in which case 10 = extreme stress):

21 State your present happiness level (scale 1 to 10 in which case 10 = extreme happy):

22 State your present personal experienced health level (scale 1 to 10 in which case 10 = extreme healthy):

23 Describe the average eating and drinking habits:

24 Do you consume fast-food and or fat foods? (Describe):

25 Do you eat sweets, candy, cakes and so on? (Describe):

26 Do you follow a diet? (Describe):

27 Is there a known food intolerance? (Describe):

28 Do you eat well? (Describe):

29 Do you drink well? (Describe):

30 Are there head related complains? (Describe):

31 Are there ear related complains? (Describe):

32 Are there eye related complains? (Describe):

33 Are there mouth related complains? (Describe):

34 Are there nose related complains? (Describe):

35 Are there throat related complains? (Describe):

36 Are there neck related complains? (Describe):

37 Are there upper body related complains in general? (Describe):

38 Are there back related complains? (Describe):

39 Are there spinal area pains or complains? (Describe):

40 Are there chest related complains? (Describe):

41 Are there stomach related complains? (Describe):

42 Do you sometimes or often experience burning sensations caused by reflux from out of the stomach? (Describe):

43 Are there liver related pains or complains? (Describe):

44 Are there spleen related pains or complains? (Describe):

45 Are there pancreas related pains or complains? (Describe):

46 Are there kidney related pains or complains? (Describe):

47 Do you have a history of kidney or gallbladder stones? (Describe):

48 Are there bladder related pains or complains? (Describe)

49 Are there bowel related complains in general? (Describe):

50 Are there small intestine area related pains or complains? (Describe):

51 Are there appendix area related pains or complains? (Describe):

52 Are there colon area related pains or complains? (Describe):

53 Are there anus area related pains or complains? (Describe):

54 Are there complains in the belly in general? (Describe):

55 Are there swollen body parts? (Describe and give location):

56 Is there edema present related to body parts? (Describe and give location):

57 Are there muscular related pains or complains? (Describe and state locations):

58 Are there joints and or bones related pains or complains? (Describe and state locations):

59 Are there cardio-vascular related complains? (Describe):

60 Are there heart related complains? (Describe):

61 Are there lungs related complain? (Describe):

62 Do you experience difficulty or pain when breathing? (Describe pain, problems and locations):

63 Do you have a swollen throat? (Describe):

64 Do you have trouble swallowing? (Describe):

65 Is there any secretion discharge from the throat and or nose and or eyes and or skin? (Describe):

66 Do you have inflamed eyes or an inflamed nose or an inflamed throat? (Describe):

67 Do you sweat a lot? (Describe):

68 Are there pains in the arms? (Describe):

69 Are there any complains related to the arms and or hands? (Describe):

70 Are there complains related to legs and or feet? (Describe):

71 Are there pelvic related complains? (Describe):

72 Do you experience bleedings? (Describe and state locations):

73 Are there hormonal complains or known problems? (Describe):

74 Are there skin problems? (Describe):

75 Do you have ulcers or skin rash or eczema (Describe):

76 Are there hair problems? (Describe):

77 Are there allergy problems? (Describe):

78 Are there genital related complains? (Describe):

79 Are there anal related complains? (Describe):

80 Are there stool related complains? (Describe):

81 Are there urinary related complains? (Describe):

82 How is the stool? (Describe):

83 Describe the state of the faeces:

84 How is the urination? (Describe):

85 Describe the colour of the urine:

86 Female: Do you experience PMS? (Describe):

87 Female: Do you have menstrual problems? (Describe):

88 Female: Do you feel insecure during menstruation and or more emotional as usual and or not clean and or less stable as usual? (Describe):

89 Female: Are you pregnant? If so how long are you pregnant?

90 Female: Do you experience a post natal depression? (Describe):

91 Female: Are you sexual insecure? (Describe):

92 Female: Do you doubt your famin sexuality or your female identity? (Describe):

93 Female: Are you frigid? (Describe):

94 Female: Are you sexual active?

95 Male: Do you have an enlarged prostate? (Describe):

96 Male: Do you have erection problems? (Describe):

97 Male: Are you sexual insecure? (Describe):

98 Male: Do you doubt your male sexuality or male identity? (Describe):

99 Male: Are you impotent? (Describe):

100 Male: Are you sexual active?

101 Male and female:
Do you have a sexual disease? (Describe):

102 Do you experience genital itch? (Describe):

103 Do you sense unusual genital discharge? (Describe):

104 Do you sense genital ulcers? (Describe):

105 Do you sense genital pain? (Describe):

106 Do you spend time to your personal hygiene? (Describe):

107 Do you wash your hands after a toilet visit? (Describe):

108 Do you wash your hands before preparing foods? (Describe):

109 Do you wash your hands before eating? (Describe):

110 Do you wash yourself at daily basis? (Describe):

111 Do you brush your teeth every day? (Describe):

112 Do you change your clothes regularly? (Describe):

113 Do you clean your personal living environment regularly? (Describe):

114 Is your personal living space well ventilated? (Describe):

115 Does your personal living place has a humidity of 50%? (Describe):

116 Are you washing vegetables, fresh fruits and meat before prepared for consumption as part of the food processing preparation? (Describe):

117 Are there general or specific physical complains related to your health? (Describe):

118 Do you have short term memory problems when remembering things you have done an hour ago or a day ago? (Describe):

119 Do you have long term memory problems when remembering things you have done half a year ago or a few years ago? (Describe):

120 Do you sometimes experience mood swings? (Describe):

121 Do you experience compulsive behaviour? (Describe):

122 Do you sometimes experience anger? (Describe):

123 Are you sometimes experience depressive feelings? (Describe example and time duration):

124 Are you sometimes feeling sad? (Describe example and time duration):

125 Are you a emotional sensitive person? (Describe):

126 Are you in control of your life? (Describe):

127 Are you a leader? (Describe):

128 Are you a victim? (Describe):

129 Are you a follower? (Describe):

130 Do you love it to control situations? (Describe):

131 Do you love it to control people? (Describe):

132 Do you love it to focus attention at yourself? (Describe):

133 Do you love it to watch yourself? (Describe):

134 Do you love it to admire yourself? (Describe):

135 Do you love yourself for the person you are? (Describe):

136 Do you love it to be controlled and or lead by others? (Describe):

137 Do you talk easy about yourself? (Describe):

138 Do you care for other people? (Describe):

139 Do you hate people? (Describe):

140 Are you a mother/father figure to other people? (Describe):

141 Can you easy follow orders? (Describe):

142 Can you easy cooperate with other people? (Describe):

143 Do you easy adapt in new situations? (Describe):

144 Do you control yourself? (Describe):

145 Do you have the feeling other people control you? (Describe):

146 Are you easy expressing yourself in public? (Describe):

147 Do you get easy emotional? (Describe):

148 Do you get easy angry? (Describe):

149 Do you feel depressed easy? (Describe):

150 Do you easy take charge to control situations or to lead people? (Describe):

151 Are you being controlled? (Describe):

152 Are you more a thinker or are you more a doer? (Describe):

153 Are you feeling self-pity? (Describe):

154 Do you keep your problems or worries for yourself or can you speak easy about your problems or worries? (Describe):

155 Do you love it to talk and express yourself? (Describe):

156 Are you in emotional pain or distress? (Describe):

157 Do you cry easy? (Describe):

158 How will you describe yourself?

159 What are your biggest fears? (Describe):

160 Are there mental or psycho-social complains related to your health? (Describe):

161 Is there important information related to your mental and physical health you want to share for medical purposes? (Describe):

162 Are you having present diagnosis of diseases? (Describe):

163 What are your main health complains right now? (Describe):

part C:

Measurements basic data and basic exam part 1:

1 Present state of blood pressure of the left arm (Systole/Diastole):

2 Present state of blood pressure of the right arm (Systole/Diastole):

3 Present breathing frequency related to a minute (inspiration and expiration = 1):

4 Present heart rate frequency related to a minute:

5 Present body temperature:

6 Present body weight:

7 Present body length:

8 present waist size:

9 Stand in front of a mirror and pull down the under eyelid to watch the colour of the inner part of the eye lid than describe the bright red to low pink colour brightness. (Do this procedure with the left and the right eye and note the colour brightness):

10 Stand in front of a mirror and make your eye totally open with two of your fingers in order to watch the colour of the eyeball (sclerae), than describe the white to yellow or to red coloration(s). (Do this procedure with the left and the right eye and note the colour or colour tints):

11 Stand in front of a mirror and observe one of your eye pupils and make notes of it then shine with a small flash light in your eye and observe the pupil with your other eye and than switch off the light and observe the pupil reaction make notes of it. (Do the test for the left and right eye and make notes of the pupil reactions of each tested eye pupil):

Part D:

Specific medical and psychological questions:

1 Did you ever have vertigo or dizziness sensations? (Describe):

2 Describe the history of the vertigo or dizziness and the circumstances when it occurs and the duration of the attacks:

3 Do you stand under psychological pressure? (Describe):

4 Is there stress? (Describe):

5 Is there anxiety? (Describe):

6 Is there hyperventilation? (Describe):

7 Is there a history of stress caused by work, family, partner-relation, social or material/financial circumstances? (Describe briefly the cause of stress and the time period(s)):

8 is there a present relation, work or social pressure? (Describe):

9 Is there a present psycho-emotional pressure? (Describe):

10 Is there a present material-financial pressure? (Describe):

11 Is there a history of head trauma/injury? (Describe):

12 Is or was there a neck injury? (Describe):

13 Is there a history of psychological trauma (death, accidents and so on)? (Describe):

14 Is there a present troubled or worried mind? (Describe):

15 Is there a headache present right now? (Describe):

16 Is there a history of headaches? (Describe):

17 Is there migraine? (Describe):

18 Do you sometimes see light flashes or a aura followed by headache? (Describe):

19 Is there hearing loss? (Describe):

20 Is there tinnitus (humming or buzzing sounds)? (Describe):

21 Do you have heart problems? (Describe):

22 Do you have blood circulation problems caused by for example arteriosclerosis? (Describe):

23 Do you sometimes or often or constant experience cold hands? (Describe):

24 Do you sometimes or often or constant experience cold feet? (Describe):

25 Do you sometimes or often or constant experience numbness and or tingling sensations in your body? (Describe and state locations):

26 Are you constant thirsty? (Describe):

27 Are you having a constant hunger sensation? (Describe):

28 Are you sometimes faint? (Describe):

29 Are you having an eating disorder like bulimia or anorexia? (Describe):

30 Don't you like it to eat? (Explain):

31 Do you think you are fat? (Explain):

32 Do you love eating food but are you vomit voluntary after eating food? (Explain):

33 Are you incontinent by involuntary urine loss? (Describe):

34 Do you have haemorrhoids? (Describe):

35 Did you ever had a heart attack? (Describe):

36 Did you ever had a stroke? (Describe):

37 Are you sensitive for blood clots? (Describe):

38 Is there unstable walking during vertigo or dizziness? (Describe):

39 Do you experience shaking hands or other body parts with tremor? (Describe):

40 Do you have a bad eye vision? (Describe):

41 Did you got new glasses not long ago if valid? (Describe):

42 Are there vision disturbances during a vertigo or dizziness attack? (Describe):

43 Are you exposed to toxic materials (for example at work)? (Describe):

44 Do you often feel dizzy? (Describe):

45 Do you experience nausea? (Describe):

46 Do you sometimes notice physical balancing troubles while walking? (Describe):

47 Do you vomit? (Describe):

48 Do you breathe easy and smootly? (Describe):

Part E:

Specific test data (basic exam part 2):

1 Can you read subtitles at a television at 3 meters distance? If yes than confirm, if not than describe the distance you need so you can read the subtitles (test it and describe):

2 Do you hear a soft speaking voice from out of a radio or CD player or computer when at a distance of 3 meters with the back to the active device? (Test it and describe):

3 Can you easy touch your nose with your right index finger if you are standing? (Test it and describe):

4 Can you easy touch your nose with your left index finger if you are standing? (Test it and describe):

5 Can you easy catch a small ball or pencil with both hands when thrown up a bit by yourself? (Test it and describe):

6 Can you easy catch a small ball or pencil with your left hand when thrown up a bit by yourself? (Test it and describe):

7 Can you easy catch a small ball or pencil with your right hand when thrown

up a bit by yourself? (Test it and describe):

8 Do you feel it when you pinch the right side of your face? (Test it and describe):

9 Do you feel it when you pinch the left side of your face? (Test it and describe):

10 When you pinch your right upper arm and then the lower arm and then your hand and then your fingers, do you feel it? (Test it and describe):

11 When you pinch your left upper arm and then the lower arm and then your hand and then your fingers, do you feel it? (Test it and describe):

12 When you pinch your right upper leg and then the lower leg and then your foot and then your toes, do you feel it? (Test it and describe):

13 When you pinch your left upper leg and then the lower leg and then your foot and then your toes, do you feel it? (Test it and describe):

14 Do you experience difficulty when reading and or writing? (Test it and describe):

15 Do you experience difficulty when standing up and or sitting down? (Test it and describe):

16 Do you experience difficulty when standing and then bending till 90 degrees forwards? (Test it and describe):

17 Do you experience difficulty when standing and then moving your head from left to right and from backwards to forwards? (Test it and describe):

18 Do you experience difficulty when walking? (Test it and describe):

19 Can you easy walk in a straight line foot to other foot's heel and so on? (Test it and describe):

20 Sit down on a high chair or table with your legs free of the ground, than take a metal spoon and hit the patellar ligament with the boll side of the spoon just below the patella and note the movement of the under leg at moment of the strike. (Do this with the left and with the right leg related knee and note the results of the movement of each hit leg related knee):

21 Sit on a chair and hold a arm across against the chest and with the other arm you must hit the bend arm with a metal spoon (the boll side of the spoon) at the upper arm at the tricep a 10 centimetre above the elbow, than note the movement of the arm. (Do this with the left and with the right arm and note the movement of each hit arm related tricep):

Part F:

Final medical health case related information:

1 Are there any other important things relevant for your health case you need or want to tell so it can be processed?

2 Are you handicapped? Describe your handicaps:

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The Anamnese Internet Form is developed by Dr. Herman Fridsma, ND

Notes: